

# S.D. Family Focus

An update for South Dakota  
Service Members &  
Families!

August 2012

1-800-658-3930

## Honoring Those Who Served

The Rendering of Military Funeral Honors is a way to show the Nation's deep gratitude to those who, in times of war and peace, have faithfully defended our country.

This ceremonial paying of respect is the final demonstration a grateful Nation can provide to the veteran's families.

Military Funeral Honors can be provided by the South Dakota Honor Guard at no cost to the family.

For more information about Military Funeral Honors contact

Robert Sack

605-737-6927

[robert.sack@us.army.mil](mailto:robert.sack@us.army.mil)



With all the fires in and around the Black Hills and other parts of the country, it's time to figure out, "Are we ready"? The link below is to Military OneSource and information on Wildfire Information and Resources. Please take the time to read over some of the information that MOS has put together, or some of the links that are available for information for you and your family and friends.

Click the link below: <http://www.militaryonesource.mil/MOS>

## Tutoring Resource



Tutor.com allows K-12 students of all National Guard Families, regardless of deployment status, to receive free homework help and online tutoring with live tutors 24/7. Students can get help in more than 16 subjects, including essay writing, algebra and physics.

Non-deployed/traditional National Guard Service Members and their adult dependents can also access free 24/7 career transition and college support. Career transition support includes resume and cover letter writing, interview preparation, job search tips and online application submission help. College support covers college-level subjects plus proofreading, test prep and more.

Tutor.com employs more than 2,500 expert tutors who are available 24/7 to work one-to-one with National Guard Families, and this service can be accessed anytime, anywhere from any handheld device or computer with an internet connection.

To sign up go to: <http://www.tutor.com/>

## Did You Know!!

South Dakota Army Lodging is available to all Retired Military, Active, Reservist, & Qualified Civilians. Locations of facilities are Camp Rapid, Fort Meade and Sioux Falls.

### For Reservations:

Camp Rapid & Fort Meade..... (605) 737-6626

Sioux Falls..... (605) 357 2845

## Heat Exhaustion and Heatstroke



**Heat exhaustion** is a heat-related illness that may occur after you've been exposed to high temperatures and have developed dehydration. Although heat exhaustion isn't as serious as another heat-related illness -- heat stroke -- it isn't something to be taken lightly. Without proper intervention, heat exhaustion can progress to heat stroke, which can damage the brain and other vital organs, and even cause death. The most common signs and symptoms of heat exhaustion include: Confusion, Dark-colored urine (which indicates dehydration), dizziness, fainting, fatigue, headache, muscle cramps, nausea, pale skin, profuse sweating, and a rapid heartbeat. With symptoms of heat exhaustion, it's essential to immediately get out of the heat and rest, preferably in an air-conditioned environment. If you can't get inside, try to find the nearest cool and shady place. Drink non-caffeine/non-alcoholic beverages, remove tight or constricting clothing. Take a cool shower, bath, or sponge bath. Apply other active cooling measures such as fans or ice towels.

**Heatstroke** is a true medical emergency. Heat stroke is the most serious form of heat injury, and is a medical emergency. If you suspect that someone has heat stroke -- also known as sunstroke -- you should call 911 immediately and render first aid until paramedics arrive. Heat stroke can kill or cause damage to the brain and other internal organs. With heat stroke the core body temperature goes above 105 degrees Fahrenheit, fainting may be the first sign. Other symptoms may include: throbbing headache, dizziness and light-headedness, lack of sweating despite the heat, red, hot, and dry skin, muscle weakness or cramps, nausea and vomiting, rapid heartbeat, which may be either strong or weak, rapid, shallow breathing, behavioral changes such as confusion, disorientation, or staggering, and seizures/unconsciousness.

If you suspect that someone has a heat stroke, immediately call 911 or transport the person to a hospital. Any delay seeking medical help can be fatal. While waiting for the paramedics to arrive, initiate first aid. Move the person to an air-conditioned environment -- or at least a cool, shady area -- and remove any unnecessary clothing. Fan air over the patient while wetting his or her skin with water from a sponge or garden hose. Apply ice packs to the patient's arm-pits, groin, neck, and back. Because these areas are rich with blood vessels close to the skin, cooling them may reduce body temperature. Immerse the patient in a shower or tub of cool water, or an ice bath.

All heat injuries can be prevented through proper hydration and good work/rest cycles. A "buddy system" where you watch out for each other is also an effective preventative measure against heat injury.

## Military OneSource Chill Drills

The popular "Chill Drills" resource can now be listened to or read as transcript through the Military OneSource website. This is one of the most requested items from the Military OneSource resource library. These drills aim to help reverse the symptoms of stress.

To get there go to the [MOS Homepage](#) CLICK on "Military Life and Deployment" CLICK on "Military Life" CLICK on "Managing Stress" under "Managing Your Stress" section CLICK on Chill Drills under "Paperbacks and Playaway Audio" section.

## Important Dates

### Strong Bonds

18-19 August (Rapid City)  
~7 Habits of Highly Effective Families  
~7 Habits of Highly Successful Singles  
~Laugh Your Way to a better Marriage  
Call 605-737-6658 or Email  
[james.hedges@us.army.mil](mailto:james.hedges@us.army.mil)

### August Yellow Ribbon Events

18-19th~189th 60 Day  
25th~ 842/451st Reunion

SMFS Logo  
Contest Closes  
15 August

## Military Suicide: Help for Families Worried About Their Service Member

Article from: Time Healthland

The specific triggers for suicide are unique to each Soldier. Each person deals differently with the stresses of war, frequent deployments, separation from family, death of comrades. There are several programs and support lines for these Soldiers, but it also helps for their immediate families to remain vigilant and to monitor their behavior. Even still, many Service Members fall through the cracks.

Below is what we hope is helpful advice for those, who want to know what warning signs to look for in their Service Member and how best to handle severe situations. One immediate sign, say experts, is a pervasive sense of uselessness, a feeling that they no longer belong. "What we learn from our families [who lost service family members to suicide] and what they saw in their loved ones, is behavior [in which they] pulled back and felt they were not able to be a useful part of unit that relied on them," says Bonnie Carroll, founder and chairman of the Tragedy Assistance Program for Survivors, or TAPS, a non-profit that supports those who have lost a loved one in the military. "These men and women need to know they are still a part of a unit at home and overseas."

### What are the signs of suicide risk to look out for?

Here are some key warning signs to look out for:

- Hopelessness and saying things like "This will never get better"
- Helplessness and saying things like "I can't do anything about this"
- No longer finding joy in things they once enjoyed
- Angry outbursts and increased agitation
- Sleeplessness or oversleeping
- Lack of appetite or increased appetite
- Withdrawal from friends and family, or suggestions that family would be better off without them



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## Military Suicide: Help for Families Worried About Their Service Member (*Continued*)

Warning signs of suicide that calls for immediate attention: (according to Kim Ruocco, director of suicide prevention programs at TAPS)

- Talking about or making plans to take his or her own life
- Putting personal affairs in order
- Giving away personal possessions
- Obsessing about death
- Abusing drugs or alcohol
- Acquiring or obtaining access to lethal means (prescription drugs, weapons, etc.)
- Engaging in out-of-the-ordinary or risky behaviors

“You should always ask someone if they are thinking of killing themselves and if they are, do not leave them alone, escort them to help, take them to a doctor at primary care, behavioral health or the emergency room.”



### Whom should I contact if I'm concerned about my loved one?

There are several **24/7 service** lines open to family members who have immediate concerns:

**Military Crisis Line:** Dial (800)273-8255 (press 1 for military) or visit the crisis line online, which provides a chat and text service for veterans.

**Veterans Crisis Line:** Visit Veterans Live Chat or call (800) 273-TALK to talk with a crisis counselor

**DCoE Outreach Center:** Visit Real Warriors Live Chat or call (866) 966-1020 to talk with a health resource consultant

**Military OneSource:** Call (800) 342-9647 for one-on-one counseling or visit online

Do not hesitate to call **911** in an emergency:

### Should I alert the military if my loved one is showing signs of suicide at home?

Anyone concerned about a Service Member for any reason should not hesitate to contact that Service Member's supervisor, commander, any health-care provider or a chaplain. If the family member is looking for behavioral health support, information or resources, they should contact [these individuals]. The earlier an adjustment or behavioral health issue is identified and addressed, the more likely a positive outcome will be.

### Is there anything I shouldn't do?

Don't be afraid to be proactive: Ask your loved one questions about suicidal thoughts or plans, and do not hesitate to get help. "Suicidal thoughts can be a medical emergency. Someone who has been thinking about suicide over time can lose the ability to control the impulse. Put aside fears of betraying your loved one or ruining his [or her] career and choose to save his [or her] life," says Ruocco.

To read the full article please click on the following link :

<http://healthland.time.com/2012/07/12/military-suicide-help-for-families-worried-about-their-service-member/>